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NEWS WORTH SHARING.

REBELS CLAIM SOVEREIGNTY LANDSLIDE IN EAST UKRAINE

DONETSK SAID TO BE 90 PER CENT IN FAVOUR PAGE 7

Foreign temp ban not sitting well with Quebec

Province wants Ottawa to lift the restriction on restaurants PAGE 8

You want to film a tragedy in one of our cars?

Director on the challenges of getting Locke produced PAGE 12

Bodies found in apparent killing-suicide

Mother and father.
Lead suspect in fatal stabbing found hanging from a tree in park

SAM SMITH
vancouver@metronews.ca

Local police have discovered two dead bodies in the past two days in what they are calling a murder-suicide.

Police first discovered the body of 27-year-old Thi Tam Nguyen on Saturday afternoon inside her home near East 41st Avenue and Rupert Street. She had been stabbed to death.

The lead suspect — who police could not explicitly name because they had not yet notified next of kin, but has been widely reported as estranged husband Cong Nguyen, 31 — took their four-year-old son and dropped him off outside the home of a relative.

His car was later found in Richmond, but it wasn't until Sunday afternoon that a 13-year-old boy walking in Gladstone Park in South Vancouver found a body hanging from a tree.

"Paramedics attempted to revive him, but he was already gone," said VPD spokesperson Const. Brian Montague. "It was the body of the lead suspect."

Police haven't fully established a motive yet and will be following up with friends and family members to get the exact details.

"For the most part the investigation will come to a conclusion fairly quickly," Montague said.

VPD were on the hunt for Nguyen since Saturday but didn't release details because they didn't want the suspect to feel there was no way out.

"This is another example of a tragic case of domestic violence," he said. "And one of the real tragic things is now there's a boy left without a mother or a father."

MASSES HOPE TO FOIL BIG OIL

The crowd listens to speeches during a demonstration against the Enbridge Northern Gateway Pipeline in Vancouver on Saturday. Protests were held in cities across Canada in opposition to the proposed pipeline that would carry Alberta oil 1,200-kilometres across British Columbia to Kitimat, where the oil would be shipped overseas. DARRYL DYCK/THE CANADIAN PRESS

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Vancouver quenches Burrard Bridge anger with lemonade

Flyers and beverages. Pedestrians got free drinks while learning about sidewalk construction

EMILY JACKSON
emily.jackson@metronews.ca

When construction clogs old bridges, serve lemonade.

The City of Vancouver spent $650 to set up a free lemonade and coffee stand at the south end of the 81-year-old Burrard Bridge on Thursday and Saturday to inform people about the construction that has caused traffic snafus since August.

The goal was to hand out flyers informing the 1,800 pedestrians who cross the bridge daily that construction is migrating to the sidewalk — the city even gave away earplugs for those weary of the noise.

The cost covered both days, according to an email from city communications. Compared to buying advertising, the city said this was a "cost effective" way to provide targeted information to people who use the bridge.

Hundreds of people talked to city staff — those manning the booth wanted passersby to know the construction has everything to do with the age of the bridge and nothing to do with building more bike lanes — and the beverages were supplied by local business Juliet's Café.

The city said chocolate eggs were handed out to pedestrians on the bridge on Easter.

Apparently serving free treats was the contractor's idea. The construction, while on schedule, has had a few hiccups. Anchors bolting down steel plates popped about 20 bus tires, forcing three buses to re-route for a few days while the problem was fixed.

Twenty-five daytime workers and five nighttime workers are replacing 27 bearings and 19 expansion joints to ensure the bridge remains safe. The project is budgeted to cost $9.6 million. (It cost another $6 million to reconfigure the intersection.)

Construction is expected to finish in July.

The city set up a lemonade and coffee stand at the south end of the Burrard Bridge on Saturday. EMILY JACKSON/METRO

Bird contest gets more votes than election

The Black-Capped Chickadee.
TWITTER

The Black-Capped Chickadee has been elected Vancouver's official city bird of 2015 in a contest that garnered nearly five times as many votes as the city's last municipal election.

More than 704,000 votes were cast online in the four-week city bird competition compared to 144,823 in the 2011 civic election.

"Then again, they get to vote multiple times," park board commissioner Constance Barnes said.

Regardless of what the vote means for interest in city politics, or online voting, Barnes said she is proud the bird contest created so much buzz.

"That was the goal, to get people educated, get people engaged, get people looking at birds in a different way," she said, adding how important birds are to the city's ecosystem. Much of the attention to the bird contest stemmed from Twitter profiles for each of the six birds (the other candidates were the Anna's Hummingbird, Varied Thrush, Pacific Wren, Pileated Woodpecker and the Northern Flicker.)

In a survey asking people to share their thoughts on the bird campaign, the city asks if people plan to vote in the municipal elections. If respondents say they are not registered to vote, the survey directs them to the voter registration page.
EMILY JACKSON/METRO

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Highway of Tears. B.C. gov't sticking to the plan?

A year and a half after a public inquiry called for urgent action to protect women along a stretch of highway in northern British Columbia known as the Highway of Tears, mayors and other leaders in the region say the province has yet to contact them about what needs to happen.

Internal briefing notes also indicate a team of bureaucrats assigned to hold consultations with communities along Highway 16, where women have been disappearing or turning up dead for decades, have put that work on hold for much of the past year.

What emerges is a picture of slow progress that appears to contradict the province's claims that it has been busy holding a "tremendous number" of meetings about the issue with local governments.

A public inquiry into the Robert Pickton case also examined the phenomenon of murdered and missing women in the province's north, in particular along the highway between Prince Rupert on the coast and Prince George, a nine-hour drive to the east.

Highway 16 near Prince George, B.C. THE CANADIAN PRESS

At least 17 women, many of them aboriginal, have vanished or been murdered along Highway 16 and the adjacent Highways 97 and 5 since the 1970s. Most of the cases remain unsolved, though investigators don't believe a single killer is responsible.

Much of the discussion about the Highway of Tears has focused on a lack of affordable transportation connecting isolated communities, which has led some women to resort to hitchhiking. THE CANADIAN PRESS

Slocan Lake

One dead, three missing in canoe accident: Police

A family friend says the woman who perished in a weekend boating accident in B.C. in which three others remained missing was an optimistic person filled with life.

Dan Nicholson, a family friend, says that Lily Harmer-Taylor was the 19-year-old woman who died after a canoe overturned in Slocan Lake, in southern B.C.'s West Kootenay region.

"She was just a marvellous woman," said Nicholson.

Police have not confirmed the dead woman's identity.

Police and local fire and rescue teams continued to sweep Slocan Lake for three male youths who were in the canoe and remain missing.

Nicholson says that he lent his canoe to the four, who were a group of close friends. He says the group included Harmer-Taylor, Jule Wiltshire-Padfield, 15, Hayden Kyle, 21 — who were all from the town of New Denver — and Skye Donnet,18, originally from Gibsons on B.C.'s coast.

THE CANADIAN PRESS

New app created to help you ... zzzzzzz

Simon Fraser University. Researcher says mySleepButton helps users sleep by shuffling thoughts before bedtime

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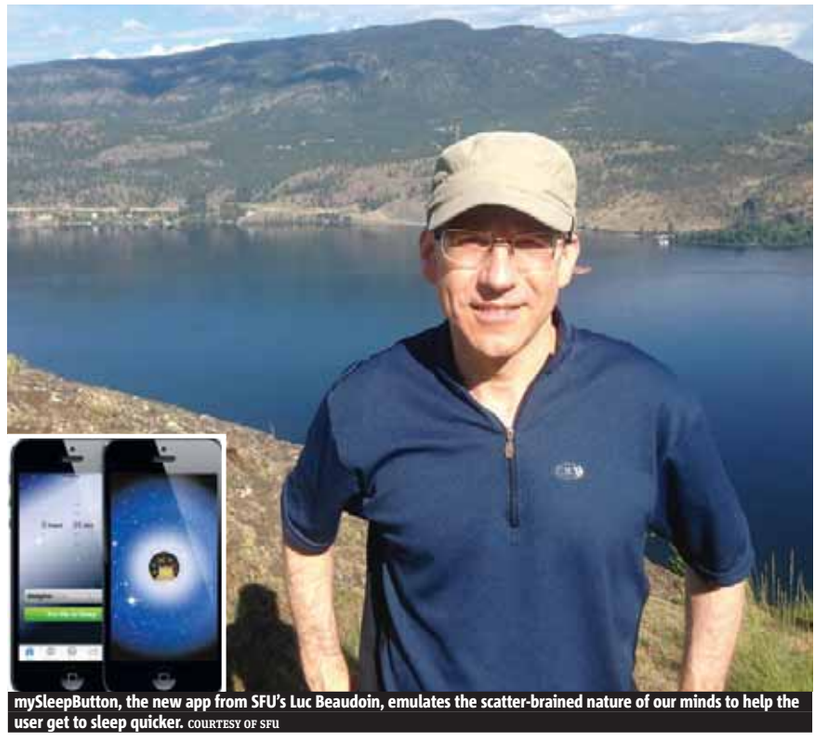
mySleepButton, the new app from SFU's Luc Beaudoin, emulates the scatter-brained nature of our minds to help the user get to sleep quicker. COURTESY OF SFU

Counting sheep to fall asleep? An amateur mistake.

A cognitive researcher and enterprising businessman at Simon Fraser University has developed a new phone app that aims to "shuffle thoughts" around to help people fall asleep.

Luc Beaudoin, creator and associate member of SFU's cognitive science program, said the app helps fire random thoughts into the user's head, emulating the scatter-brained nature our minds have when falling asleep.

"People think what they need to do is have their mind blank to fall asleep, but that's not what the science says," Beaudoin said. "What you actually need is engagement, paradoxically."

Our minds are always "sense-making," Beaudoin said, where, for example, we see something on the street like a man wearing a suit and we subconsciously make sense of him (who is he? where's he going? what's he doing?) through what we've seen.

The only point of the day where that breaks down and nonsense begins to take over is right before falling asleep, and it's this time Beaudoin is emulating.

"You're going from thinking about one thing, perhaps quite coherently, like a banana," he said. "You might visualize a banana tree or a kitchen or whatever, but then the next thing you know you hear 'Pluto,' and you imagine Pluto, then the next thing you know you're thinking of an automobile or an old girlfriend. So we're basically shuffling your thoughts, and that's not something you do at any other time unless you're just falling asleep."

Brain functions like planning, worrying and problem solving that are vital for helping us make sense of the world during waking hours can delay sleep when they don't switch off.

Prompting users of the app to interpret and visualize certain words can help deactivate those functions, Beaudoin said.

"Just think of it like shuffling music, but instead of shuffling music you're shuffling your thoughts to help sleep," he said.

The app is called mySleepButton and is available for free on the iPhone and iPad.

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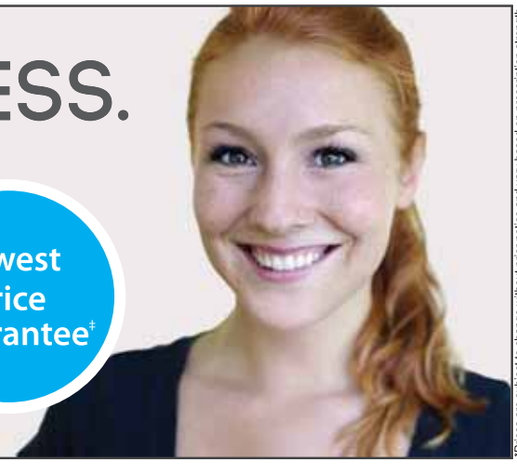
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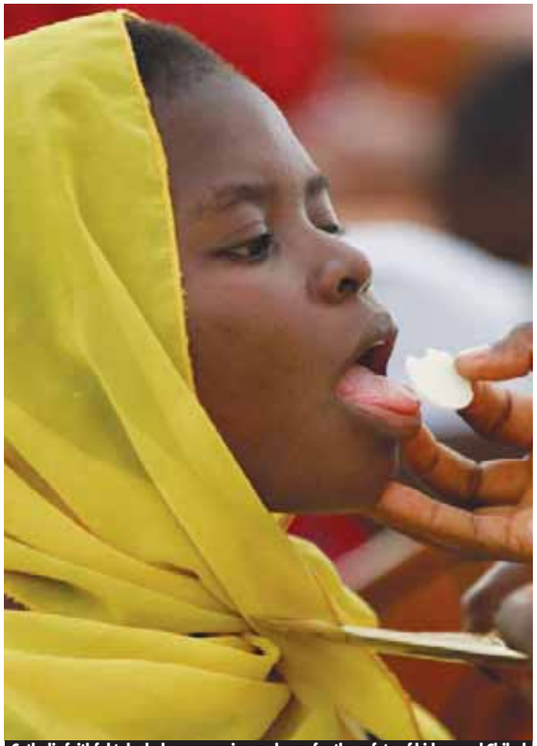

Catholic faithful take holy communion and pray for the safety of kidnapped Chibok schoolgirls during a mass given in their honour in Abuja, Nigeria, Sunday. Failure to rescue the girls, captive for nearly four weeks, has attracted mounting national and international outrage. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Teen escapee scared to go back to school

Nigerian schoolgirls. Pope tweets call for prayer with #BringBackOurGirls

One of the teenagers who escaped from Islamic extremists who abducted more than 300 schoolgirls says the kidnapping was "too terrifying for words," and she is now scared to go back to school.

Sarah Lawan, a 19-year-old science student, spoke Sunday as Nigerians prayed for the safety of the 276 students still held captive. Their prayers were joined by Pope Francis.

"Let us all join in prayer for the immediate release of the schoolgirls kidnapped in Nigeria," the Roman Catholic leader tweeted, using the trending #BringBackOurGirls.

Lawan said that more of the girls could have escaped, but that they were frightened by their captors' threats to shoot them. She spoke in the local Hausa language in a phone interview from Chibok, her home and the site of the mass abduction in northeast Nigeria.

The failure to rescue those who remain captive four weeks later has attracted mounting outrage. Last week, Nigeria was forced to accept international help in the search, after ignoring offers for weeks.

More experts are expected in Nigeria to help rescue the girls, including U.S. hostage negotiators and others from Britain, France, China and Spain.

"I am pained that my other colleagues could not summon the courage to run away with me," Lawan said. "Now I cry each time I come across their parents and see how they weep when they see me."

Police say 53 students have escaped. THE ASSOCIATED PRESS

International outrage

Gov't refused help for weeks

The president of Nigeria for weeks refused international help to search for more than 300 girls abducted from a school by Islamic extremists, one in a series of missteps that have led to growing international outrage against the government.

The U.K. first said it was ready to help the day after the mass abduction on April 15, according to the British Foreign Office. And the U.S. has said it offered help and was in touch with Nigeria "from Day 1" of the crisis, according to Secretary of State John Kerry.

Yet it was only on Tuesday and Wednesday, almost a month later, that President Goodluck Jonathan accepted help from the U.S., Britain, France and China.

The delay underlines what has been a major problem in the attempt to find the girls: an apparent lack of urgency on the part of the government and military, for reasons that include a reluctance to bring in outsiders as well as possible infiltration by the extremists.

Jonathan bristled last week when he said U.S. President Barack Obama, in a telephone conversation about aid, had brought up alleged human rights abuses by Nigerian security forces. Jonathan also acknowledged that his government might be penetrated by insurgents from Boko Haram, the extremist group that kidnapped the girls. Last year, he said he suspected Boko Haram terrorists might be in the executive, legislative and judiciary arms of government along with the police and armed forces.

THE ASSOCIATED PRESS

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GO FEST
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HIGHLIGHTS

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May 17
THE GREAT GREEN RIVER CHALLENGE
11AM and 2PM | Green Lake
Cheer on crews competing in river racing, slalom sprints and sumo wrestling atop a raft.

May 18
GREAT SNOW EARTH WATER RACE
12PM Race Start
Whistler Mountain
Take part in this multisport, team relay race from the top of Whistler to the River of Golden Dreams.

May 16
GO ENDURO
5PM | Whistler Bike Park
Watch riders in this five stage mountain bike race or register for $30.

May 17
ALPENGLOW FUN RUN
8PM Race Start
Village Square
Light up the night at this glow-in-the-dark fun run through the Lost Lake trails.

May 19
THE GREAT SLUSH CUP
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Monument set to reopen after nearly 3 years

Restoration. Memorial honouring George Washington closed since 2011 earthquake caused severe damage

More than 150 cracks have been repaired, rainwater leaks have been sealed, and the 130-year-old Washington Monument is set to reopen Monday for the first time in nearly three years since an earthquake caused extensive damage.

The memorial honouring George Washington was closed about 33 months for engineers to conduct an extensive analysis and to restore the 555-feet-high stone obelisk, once the world's tallest structure.

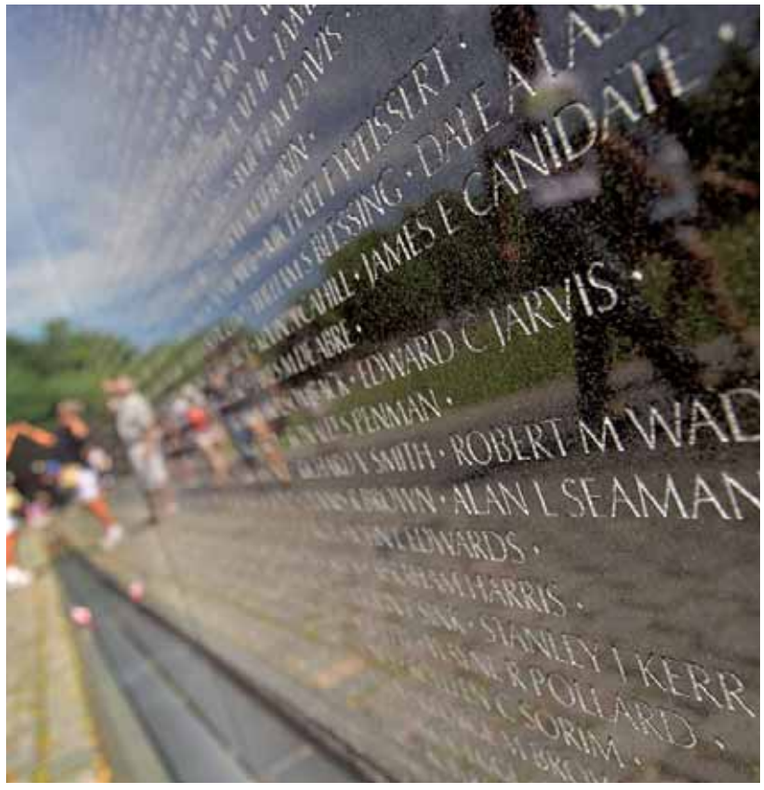
The Washington Monument prior to the reopening.
MOLLY RILEY/THE ASSOCIATED PRESS

The monument's white marble and mortar were cracked and shaken loose during an unusual 5.8-magnitude earthquake in August 2011 that sent some of the worst vibrations to the top. Debris fell inside and outside the monument, and visitors scrambled to evacuate. Later, engineers evaluated the damage by rappelling from the top, dangling from ropes.

Now new exhibits have been installed, and visitors can once again ride an elevator to look out from the highest point in the nation's capital.

The full restoration cost $15 million US. Businessman and philanthropist David Rubenstein contributed $7.5 million US to pay half the cost and expedite the repairs.

The monument normally draws about 700,000 visitors annually. THE ASSOCIATED PRESS



Vietnam vets honoured four decades later

The name of U.S. army Spc. Alan Leslie Seamans, of Grafton County, N.H., appears on the wall of the Vietnam Veterans Memorial in Washington. A ceremony Sunday marked the addition of 14 new names to the memorial, including Seamans, bringing the total to 58,300. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Insurgents say Ukraine region votes overwhelmingly for sovereignty

Two referendums.
Results could hasten country's breakup

Ninety per cent of voters in a key industrial region in eastern Ukraine came out in favour of sovereignty Sunday, pro-Russian insurgents said in announcing preliminary results of a twin referendum that is certain to deepen the turmoil in the country.

Roman Lyagin, election chief of the self-styled Donetsk People's Republic, said around 75 per cent of the Donetsk region's three million or so eligible voters cast ballots, and the vast majority backed self-rule.

With no international election monitors in place, it was all but impossible to verify the insurgents' claims.

The preliminary vote count was announced just two hours after the polls closed in an election conducted via paper ballots.

A second referendum organized by pro-Russian separatists was held Sunday in eastern Ukraine's industrial Luhansk region, but no immediate results were released.

Ukraine's central government and the West had condemned the balloting as a sham and a violation of international law, and they have accused Moscow of orchestrating the unrest in a possible attempt to grab another piece of the country weeks after the annexation of Crimea.

The results of the two referendums could hasten the breakup of the country and worsen what is already the gravest crisis between the West and Russia since the end of the Cold War.

THE ASSOCIATED PRESS

Ukrainians living in Russia queue to get their referendum ballot papers and vote in Moscow on Sunday. Residents of two restive regions in eastern Ukraine cast ballots Sunday in referendums that seek approval for declaring sovereign people's republics in the Donetsk and Luhansk regions. THE ASSOCIATED PRESS

Bloodshed

Shooting in east Ukraine

Armed men identified as Ukrainian national guard opened fire Sunday on a crowd outside a town hall in eastern Ukraine, and an official for the region's insurgents said there were an unspecified number of deaths. The bloodshed in the town of Krasnoarmeisk occurred hours after dozens of armed men shut down voting in a referendum on sovereignty for the region. One of them identified the group as being national guardsmen. An Associated Press photographer who witnessed the shooting said two people were seen lying unmoving on the ground.

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New puppy fashion trend: Human overcoats

Cassandra Cantu shields her seven-week-old puppy Kamala from the snow as she walks with friends in the Bear Creek Dog Park in Colorado Springs, Colo., on Sunday. The snowy weather was expected to continue in the area overnight Sunday. MARK REIS/THE GAZETTE/THE ASSOCIATED PRESS

Quebec wants to be exempt from temp-worker ban

Province 'a bit worried.' But federal employment minister's spokesman says there are no plans to lift the moratorium

The Quebec government is calling on Ottawa to lift the ban on restaurants hiring temporary foreign workers — at least in its own province.

Quebec's immigration minister Kathleen Weil was to meet with her federal counterpart Chris Alexander on Monday, according to spokesman Dave McMahon, who said Weil will ask that Quebec be granted an exemption to the moratorium.

"We are a bit worried about the impact of the moratorium on our restaurants and on our small- and medium-sized businesses," he said Sunday.

"We are ready to work with the federal government to tighten the rules of the program if need be."

Weil is also planning to make the same case to Employment Minister Jason Kenney, who oversees the temporary foreign workers program, McMahon said.

A spokeswoman for Kenney said there are no immediate plans to lift the ban, in Quebec or anywhere else.

"Abuse of the temporary foreign worker program will not be tolerated," Alexandra Fortier said in an email.

"Allegations of misuse will continue to be investigated and any employer found to have violated the rules will face serious consequences." THE CANADIAN PRESS

Background

Ottawa announced the moratorium last month, after a string of reports alleging the program was being misused by the restaurant industry.

- The moratorium has been widely criticized by industry groups. Quebec's restaurant association called it "exaggerated and unreasonable."

The rise and fall of the U.S. tough-on-crime era

John Witherow tried robbing a jewelry store — and walked away with a treasure-trove of insights into the American justice system.

His participation in a 1984 stickup attempt in Reno, Nev., earned him 26 years in prison in an era of change in U.S. policy, from the rise of the tough-on-crime approach to its fall from favour.

Witherow shared his story during a conference in Washington, where there is bipartisan momentum behind a number of justice reforms designed to reduce prison costs and increase rehabilitation.

When he arrived in the Nevada prison system, he recalls, prisoners were able to get out early for good behaviour, and some of his fellow inmates were getting college degrees. Witherow himself managed to turn his life around when he got paralegal training.

But he says things changed pretty quickly.

"It was just the start of the maybe-we-should-get-tough-on-crime era," said Witherow, whose jailhouse training has helped him request pardons, push for better health care, and fight for sentencing reform as head of the Nevada chapter of Citizens United for Rehabilitation of Errants, where he's been involved since his 2010 release.

In Washington, D.C., there is momentum behind a number of reforms designed to reduce prison costs and increase rehabilitation. JOHANNES SIMON/GETTY IMAGES

The prisons filled, sentences grew longer, and education programs were chopped.

The power dynamic shifted in jail, he said. Guards once had control because inmates hoped to earn early release for good behaviour, he said. But when those opportunities faded, he said, the gangs took over increasingly rowdy jails.

Witherow said things started changing in the early 2000s, as Americans became concerned about the financial burden. A federally funded study, released last week, says states' combined prison costs have increased 400 per cent since the 1970s. About 40 states have now relaxed at least some of their drug laws, and imprisonment levels have dropped in the U.S. for the first time in over a generation.

Witherow is 64 years old now, and he's feeling hopeful.

"I am optimistic that there is a pushback now," he says.

"People are finding out that tough on crime does not work." THE CANADIAN PRESS

Politics

Tories downplay expectations for June byelections

The federal Conservatives are keeping expectations modest for their prospects in four byelections — two in Alberta, two in Ontario — set for the end of June.

"We all know majority governments don't typically fare well in byelections; the opposition parties do," said Cory Hann, communications director of the Conservative Party.

"And these rounds we don't expect to be any different."

The Conservatives anticipate hanging on to the two Alberta ridings, but do not expect to win more than 10 per cent of the vote in each of two Toronto-area contests, said one senior Tory insider, who spoke on condition they not be named.

"The two Ontario ridings, I think the writing's on the wall on those," said the source, who picked Justin Trudeau's Liberals to win both fights.

"If there's a race, the two horses in that race are going to be the NDP and Liberals."

THE CANADIAN PRESS

Tighter control. Justice Department cuts $1.2M from its research budget

The federal Justice Department has chopped $1.2 million from its research budget, and is tightening control to ensure future legal research is better aligned with the government's law-and-order agenda.

Previous legal research in the department sometimes caught senior officials "off-guard ... and may even have run contrary to government direction," says an internal report for deputy minister William Pentney.

The reduction means the loss of eight experienced legal researchers, most of them social scientists.

The result is a diminished research capacity, which now must be better controlled from the top to ensure it supports the government policies, says the report.

"The review confirmed that there have been examples of work that was not aligned with government or departmental priorities," says the October 2013 document, obtained by The Canadian Press under the Access to Information Act.

Some past projects have "at times left the impression that research is undermining government decisions."

The report did not cite specific studies, but a department report last year on public confidence in the justice system appeared to be at odds with the Conservative government's agenda.

Researcher Charlotte Fraser found many Canadians lacked confidence in the courts and prison system, but suggested it was the result of misunderstanding rather than any failures in the system, and that education could rectify the problem.

Critics said the finding was contrary to the government's approach, which is to pass tougher laws and impose harsher penalties rather than to cultivate a better-informed public. THE CANADIAN PRESS

'Significant loss'

The budget cut on April 1 this year — described as a "significant loss of resources" — represents about 20 per cent of research spending, and arises from deficit-cutting measures first set out in the 2012 budget.

"You throw the clothes away" — Scan the photo below with your Metro News app to watch the ROM team tackle the smelly business of carving up a whale.

Blue whale racks up large price tag

Trout River. The man leading the Royal Ontario Museum's effort to dismantle the large mammal says the job is getting expensive

The Royal Ontario Museum's experts have made progress carving and dismantling the dead blue whale. KATE ALLEN/TORSTAR NEWS SERVICE

Newfoundlanders who want to keep at least one of two giant blue whales that washed ashore on the west coast of the island may get their wish.

The man leading the Royal Ontario Museum's effort to dismember and transport those remains to Toronto says he must review plans to handle both carcasses.

"My commitment when I came in was to do at least one whale and my hope is to do both of them," Mark Engstrom, deputy director of collections and research for the museum, said during a break from the smelly job.

"We're doing the Trout River whale and then I have to reassess my budget and see where I am in terms of whether or not I can actually do the Rocky Harbour whale."

Those extra costs include towing the first carcass from Trout River to adjacent Woody Point where it could more easily be worked on, Engstrom said. The second body is still resting in shallow water near the Rocky Harbour fish plant in Gros Morne National Park.

They are among nine rare and endangered whales that became trapped in pack ice earlier this spring.

Rocky Harbour Mayor Walter Nicolle had expressed relief when the museum offered to add the whales to its collection and make scientific data available to global researchers.

Engstrom declined to discuss the budget. But he said in an earlier interview that the museum's expenses would reach tens of thousands of dollars and he hoped they wouldn't exceed $100,000.

Local businesswoman Jenny Parsons is part of the new Trout River Blue Whale Committee hoping to establish its own exhibit. The idea that both whales would go to Ontario was seen by many as a lost opportunity.

But as the federal government passed responsibility to the province and provincial officials stayed quiet, the museum stepped in.

Brett Crawford, left, and Mike Thom cut up the carcass of a blue whale in Woody Point, N.L., on Sunday. PAUL DALY/THE CANADIAN PRESS

The big question is who would pay to take responsibility for the second whale. Parsons' group wants to start raising funds and resources.

THE CANADIAN PRESS

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Through the (unintentional) looking glass

It seems the new Shangri-La hotel on the upper floors of the Shard — a famous skyscraper in London (pictured here) — offers rooms with a view, but it isn't always what guests expect. A design quirk means glass panels protruding from the building can act as mirrors once internal lights are switched on at night, so in some rooms it's possible to get a glimpse of neighbouring guests. The hotel's general manager said blinds are available for privacy. Guests will be advised when they check in. TEXT: THE ASSOCIATED PRESS; PHOTO: PETER MACDIARMID/GETTY IMAGES

Should you buy into the Alibaba IPO hype?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it time to start saving your pennies for a run at Chinese Internet monolith Alibaba when it comes to a stock exchange near you? Perhaps.

First of all, it's going to be a humdinger of an Initial Public Offering (IPO). When Alibaba Group Holding Ltd. shares are listed sometime this year on either the New York Stock Exchange or NASDAQ, the company could have a market value anywhere from $175 to $250 billion US. That will make it one of the largest companies on the planet; perhaps it will even crack the Top 10.

Quick guess. What is the largest company in the world? Apple Inc., Wal-Mart Stores Inc., Exxon Mobil Corp.? Nope. According to Forbes Magazine, top spot goes to Industrial & Commercial Bank of China Ltd. (ICBC), a Chinese bank, with assets of $3.1 trillion.

But if you rank companies by market capitalization, i.e. the value of shares outstanding, Apple wins at $483 billion, followed by Exxon Mobil, Google Inc. and Microsoft Corp.

Back to Alibaba. As is the case with most IPOs, there will probably be an investor honeymoon throughout what is called the lock-up period. It usually lasts from 90 to 180 days after the IPO launch during which insiders, such as owners or founders, cannot sell their shares.

When a lock-up period expires, listed companies often sag. Remember Facebook, Inc.? It had a number of lock-up periods, which isn't typical for IPOs. When the first one expired, the shares plummeted to just under $20, a loss of about 50 per cent.

However, Alibaba is a very different company than Facebook. Unlike the social media networking giant, it is vastly diversified as the largest e-commerce company in China. Part virtual shopping mall and part Internet payment service with a dash of B2B and B2C (business-to-business and business-to-consumer) marketplace, Alibaba has its fingers in everything to do with online consumption in the world's most populous country.

And, as Business Week staffer Drake Bennett recently put it, "China, it seems, has only begun to shop."

Nonetheless, technology IPOs are notoriously risky. If you do manage to get your hands on some shares early on, watch the stock price carefully and consider selling half before the lock-up period expires.

London's billionaires

U.K.'s capital city now the capital city for billionaires

A new study of the super-rich finds that London has become the capital of the world's wealthiest, with more billionaires than any other city.

The Sunday Times, which published the list, says London has 72 residents whose fortunes exceed 1 billion pounds ($1.6 billion US).

THE ASSOCIATED PRESS

Sorry, not sorry?

Nintendo sorry, but still won't add gay avatars

Nintendo is apologizing and pledging to be more inclusive after being criticized for not recognizing same-sex relationships in English editions of a life-simulator video game. But the publisher said it was too late to change the game.

THE ASSOCIATED PRESS

Low-carb pasta?!

If it seems too good to be true, it usually is...

A company accused of falsely advertising the health benefits of its nationally distributed Dreamfields Pasta has agreed to pay $5 million US to consumers as part of a class-action settlement.

The complaint accuses Carrington, N.D.-based Dakota Growers Pasta and its parent company of bogus claims that the product was a low-carbohydrate alternative to traditional pasta.

THE ASSOCIATED PRESS

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SOCIAL JUSTICE BE DAMNED THIS TIME

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

The millennium was still young when, during a debate over the future of CP Rail's Arbutus Corridor, Kerrisdale resident Pamela Sauder stood up at a meeting and uttered the following breathtaking landmark of arrogance and entitlement:

"We are the people who live in your neighbourhood. We are dentists, doctors, lawyers, professionals, CEOs of companies. We are the crème de la crème in Vancouver. We live in a very expensive neighbourhood and we're well educated and well informed. And that's what we intend to be."

That immediately supplanted, in the annals of fatuousness, Marie Antoinette's advice for the starving masses of workers and peasants in pre-revolutionary France: "Let them eat cake."

Still, Antoinette's statement helped spawn the French revolution. Sauder's observations have only led to community gardens and dog walks, so maybe the last laugh goes to the crème de la crème lady.

For those of us not among the crème, the Arbutus Corridor is a stretch of rail that runs from the Fraser River to False Creek through some of Vancouver's priciest real estate, inhabited by some of Vancouver's foremost twits (see above).

The last train through the Arbutus Corridor chugged down the line in 2001, and since then its future has been hotly, if not always wisely, debated.

In 2006 the Supreme Court of Canada even weighed in, ruling that the city can make decisions about the corridor without compensating CP for any loss of value, real or perceived. The response from CP has been a long silent sulk.

Until recently, when workers began clearing brush and driving in survey stakes and making the crème de la crème very nervous. That anxiety level went to Defcon 3 when the railroad informed community groups that it is getting ready "to use the property in support of rail operations."

Small boys fired up about the prospect of actual trains running through the neighbourhood aside, no one is very happy about this latest twist in the story of the corridor.

Let's make one thing clear: As instructive as it may be for the crème de la crème to have diluted bitumen or whatever running through their asparagus and blackberry patches, it would be a shame. If you're from Burnaby, you may want Kerrisdale to share the industrial load, but turning an 11-kilometre greenway into a freight corridor is a dumb idea even if it does appeal to your sense of social justice.

Anyone who has ever walked, run or cycled along the corridor would have to agree: It's an unplanned oasis in the middle of the city, and, in some ways, unplanned oases are more charming than the planned ones.

Shame on CP Rail for behaving like it is running a neighbourhood extortion racket. The argument over the future of the Arbutus Corridor may seem to defy a solution, but behaving like a bully (or a twit) is not the answer.

As Austin Powers would say: Oh, behave.

And save the corridor, in spite of yourselves.

ZOOM

Smooching Moose for the win

Halifax Mooseheads forward Stefan Fournier, second from right, plants a smooch on Jonathan Drouin after a first-period goal in Game 5 of the QMJHL final on May 14, 2013. JEFF HARPER/METRO FILE

Metro photographer gets the prize

A picture-perfect moment of two Halifax Mooseheads players celebrating a goal during last year's QMJHL final — by locking lips, no less — has landed a Metro Halifax photographer an Atlantic Journalism Award.

Jeff Harper was one of three finalists in the category of newspaper photojournalism feature at Saturday night's awards ceremony in Halifax. METRO

Brotherly love captured in a kiss

Harper won for his once-in-a-lifetime shot of jubilant Mooseheads Jonathan Drouin and Stefan Fournier celebrating a goal with a quick brotherly smooch during Game 5 of the QMJHL final against the Baie-Comeau Drakkar at the Metro Centre.

Halifax won that game, and the series in five games, to take home its first-ever President's Cup title. The photo was shared by thousands and received media coverage from outlets across Canada. METRO

Swept up

"It was in the moment and I'm going to kiss my brother.... By the way, for all the ladies out there, Jo's a great kisser."

Stefan Fournier,
commenting last May on teammate Jonathan Drouin's technique

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MetroTube

Not all whale stories end in explosions and bits and pieces

ANDREW FIFIELD
metronews.ca

You only need cast your eyes to the blue whales that washed up on the shores of Newfoundland to learn that it's been a tough few weeks for threatened whale populations.

But at least there's a glimmer of good cetacean news from the southern hemisphere, courtesy of New Zealand skipper Joe Brogan who leaped into the ocean to free a baby humpback that had become entangled in trap lines. Don't dwell too much on the fact a whale was entangled in netting to begin with. (Via Joe Brogan/YouTube)

ISTOCK PHOTO

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See that symbol? It means you can scan the photograph below with your Metro News app. Hamlet on the highway? Find out why Locke deserves the comparison

SCENE 2

Ebooks

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This exploration of post-war Vancouver offers 44 historically researched eavesdropping tales of immigrants, newlyweds, war vets, and politicians discussing anxieties and corruptions similar to today. Although glitchy at times, the vintage music and the way you can snoop through people's belongings help make the time travel feel atmospheric.

Television

Lost creators fess up to a few flops

Lost creators Damon Lindelof and Carlton Cuse have admitted what fans and haters have said all along: much of the mostly gripping TV show really wasn't any good.

The mysterious drama had several strong seasons but petered out and lost many fans as it stumbled to its love-it-or-hate-it finale.

"We did 121 hours of Lost. Arguably only 15 to 20 of them were subpar, bordering on turds," Lindelof tells Esquire magazine.

THE ASSOCIATED PRESS

Locke took director on an unconventional ride

Making the ordinary mesmerizing. Directing Locke was just the kind of challenge Steven Knight was looking for

NED EHRBAR
Metro World News in Hollywood

Actor Tom Hardy and director Steven Knight attend the Locke premiere during the 70th Venice International Film Festival at the Sala Darsena in Venice, Italy, in September, 2013. GARETH CATTERMOLE/GETTY IMAGES

Prolific British writer and director Steven Knight wanted to do something unconventional when he came up with the idea of Locke, a film about an ordinary man (Tom Hardy) driving across England while dealing with personal and professional crises via speakerphone. What's unique is that the entire story is told from within the car, seemingly in real time. It was an idea so unique, Knight found, that some car companies didn't want any part of it.

Where did the idea to do such a contained setting for a film come from?
I'd just finished making a conventional film, and a couple of things had happened. One was that I'd noticed how beautiful and hypnotic urban environments at night shot from inside moving vehicles are. You get this moving light show, which I found quite beautiful. At the same time I was trying to take filmmaking back to the very basics of what the job is, which is to get a load of people into a room, turn off the lights, and have them engage with a screen. How many other ways are there of doing that? To make life more difficult for myself, I wanted to make the main character the most ordinary person in the world — he's married, he's got two kids, he works in construction with concrete. There is nothing about him that would make the papers. This is a very ordinary tragedy, and I just wondered if audiences would go with it.

And how did you go about getting Tom Hardy involved?
He was quite keen to play a straight role because he's always larger-than-life monsters or villains or whatever. This is probably his first straight role as an actor. It was Tom who brought the Welsh accent into it because he's got a friend who's Welsh, and he said, "He's a very ordinary, straight person so I'll do that voice." The character was always going to be concrete, he was always going to be ordinary, and then Tom invested that with the thing that he brings to every role.

So how did you like the BMW?
It was fine, but originally we were going for a Land Rover, and they didn't want to do it. Because it's such a weird concept and weird idea, I think people just thought we were mad. And so we went to BMW. A lot of people have asked, "So did you get some sort of great deal from BMW?" But we didn't. They just said, "You can have two vehicles for 10 days, and then give them back to us at the end." That was it. Retrospectively, I wish I had made more of it.

The car comes off very well in the film.
I know! It never breaks down or anything (laughs).

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Ellen Page ALL PHOTOS GETTY IMAGES

Singer allegations are 'super disturbing,' Page says

While Bryan Singer has kept quiet in the wake of his numerous sexual abuse allegations and mounting civil suits, at least one of his X-Men: Days of Future Past stars is addressing the issue.

Ellen Page finds the allegations "super, super disturbing" in an interview with the Hollywood Reporter. "I guess the truth will come out in the way that it does, but it's hard to hear about someone being in that situation, someone you like working with," she says, adding that whether or not the allegations against Singer are true, "I do think that there's a systematic issue of people in places of power manipulating and abusing young people."

Mila Kunis

Mila finally dishes on her pregnancy

Mila Kunis is finally opening up about being pregnant, and it only took a visit to Ellen DeGeneres' talk show. "We were actually able to hide it for a very long time. I know, it's amazing," she says of the baby she's expecting with fiancé Ashton Kutcher, adding that they do in fact have a name already picked out but she's not sharing it just yet.

She will share, however, the details of her pregnancy cravings. "I'm very stereotypical," Kunis admits. "I eat sauerkraut all day long."

Courtney Love ALL PHOTOS GETTY IMAGES

Brand was a wee bit too stinky for Love

Courtney Love says that she might have warmed to Russell Brand's advances if it weren't for his odour. "My favourite Russell Brand line was when we first were friends and he tried to hit on me and nothing ever happened," Love tells British talk-show host Alan Carr. "He goes, 'I've had a lot of grand conversations, darling, but none of them ever ended in an orgasm. Can we go to your room?' He's got some good lines."

Apparently not good enough to overcome the smell, however. "I said to Russell, 'You're too musky for me, man,'" she says. "He is a little musky. We did yoga together and the musk was there."

The former Hole singer isn't the biggest fan of Brand's ex-wife Katy Perry, either, though she tries to play nice. "Katy Perry bores the s— out of me," Love reportedly told a crowd during a show in New York last fall. "She's a nice girl, but she just really bores me."

Dr. Diddy is a unicorn — and you are too

Sean "Diddy" Combs was awarded an honorary doctorate on Saturday from Howard University in Washington, D.C., where he studied business for two years before dropping out in 1990 to pursue music.

Some of the speech was filled with odd Diddy-isms. "I am a unicorn," he told the Class of 2014. "You are a unicorn. We are unicorns."

However, he did impart this piece of excellent wisdom: "Nobody is going to invite you to the front of the line; you've got to push your way to the front of the line."

Diddy

Twitter

@johncusack
Credenza the word is fun to say

@ABFalecbaldwin
Why isn't the US military fighting over in Nigeria? Isn't there enough oil there?

@mindykaling
If you don't have a baby with secret paternity on Mad Men you're like so basic

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Michael and Sarah have a ball at the Met Gala

STARGAZING
Malene Arpe
scene@metronews.ca

Michael Sheen and Sarah Silverman are photographed walking the Met Gala red carpet together. Now they just have to do the required Couples' Trip to the Grocery Store and the relationship will be official.

The words and wisdom of Shailene Woodley: 1) Shailene tells David Letterman she eats clay because "clay binds to other materials in your body and helps your body excrete those materials — that are not necessarily the best for you." 2) Shailene tells TIME that she isn't a feminist because she "loves men" and she doesn't want to "raise women to power, take the men away from the power." 3) She says that making popcorn "is just a weird ritual and it's the best thing on the planet."

Cressida Bonas is on "compassionate leave" from work after her break-up from Prince Harry. Back in my day we just took two Valium and sucked it up.

This week in feuds: 1) Mike Epps calls comedian Kevin Hart "overrated." 2) George Clooney attacks Steve Wynn in an open letter. 3) Seth Rogen has had enough of Justin Bieber and calls him a "piece of bleep." 4) Back in my day we just ... no, we pretty much just talked about our enemies to the press, too.

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LIFE 3

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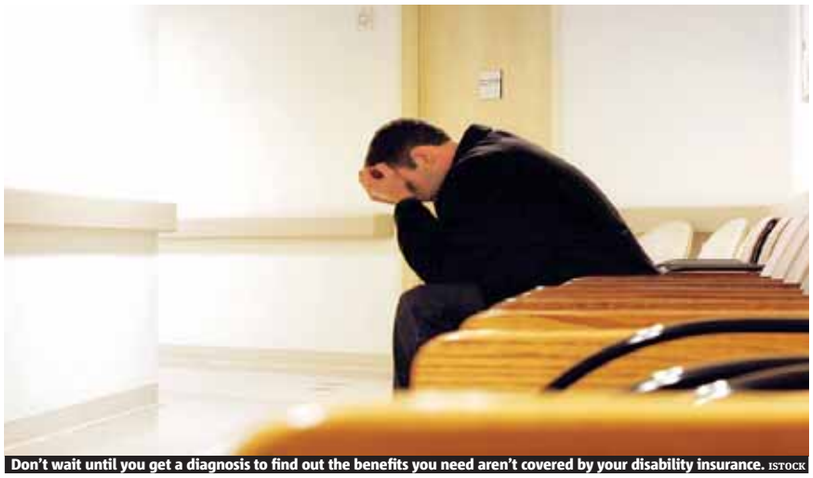

Don't wait until you get a diagnosis to find out the benefits you need aren't covered by your disability insurance. ISTOCK

Imagine the horror of being diagnosed with a progressively debilitating disease. Imagine the relief of knowing that while you have to stop working, you have a group disability plan that will help to make ends meet. Imagine your disbelief when your claim is declined by the insurance company because you just aren't disabled enough in their eyes. It happened to a girlfriend of mine and it could happen to you.

If you want to avoid a nasty surprise when you can least afford it financially and emotionally, take these questions to your benefits administrator at work and make sure you understand the answers you're given.

What's the policy's definition of "disabled" and how long will benefits be paid?
If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find? Will partial benefits be paid if you can only work for a few hours a day? A weak definition of disabled can be one of the biggest holes in a plan.

Carol had a disability plan that covered her for her "own occupation" for two years, after which it reverted to "any occupation," which is pretty typical of a group plan. The only way Carol could continue to collect after two years is if she were unable to do any work at all. If the insurance company deemed she could be a parking lot attendant, they wouldn't pay.

How much am I covered for, and how will it be taxed?
Most group policies cover employees for a certain percentage of their salaries — often 60 to 75 per cent. Some also have a cumulative maximum. But many people have no idea how much they're covered for or even if their disability income will be taxed. Many group policies paid for by an employer generate income that is not taxed. If you pay the premiums directly from your after-tax income, or if your premium is a taxable benefit, then the money you receive on a claim is tax-free.

If you find that the income you receive from your disability coverage is taxed, the next question is this: Will the money be enough once tax is taken?

Does my policy have a residual disability feature?
In the case of a slow recovery or deterioration because of a progressive disease, this feature becomes very important. Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled." Since most group plans have limited benefits for residual disabilities, the seams of your safety net may not be as strong as you think they are.

What are the exclusions on my policy?
An exclusion is something you aren't covered for. Typical exclusions include travel outside Canada, pre-existing conditions, mental, nervous disclosure, and alcoholism. The list can be wide and varied. If your malady falls within the list, you've got a hole in your safety net

People often don't carry individual disability insurance because they believe their group coverage is fine. Smart people who want to make sure that they are well-protected don't rely on the off-the-shelf version. They look to an individual policy to supplement it. Carol bought low-cost private coverage that would kick in after the first two years of her group coverage expired. This group offset insurance is cheap because the wait period (the time before benefits are paid) is so long.

The other important issue in favour of an individual policy is that you may not always have your group plan. A change in jobs, the decision to stay home to raise a family, or self-employment could all leave you with no coverage.

It's complicated
Buying disability coverage is complicated. Not only are there rigorous health criteria, you must also show proof of income relative to the coverage you're applying for. That often excludes new entrepreneurs from coverage at least until they have a two-year earnings history. And as you get older, not only does new coverage get more expensive, it becomes more difficult to qualify.

You need the help of a qualified insurance advisor when you go shopping for disability insurance. With so many sizes and styles out there, it's very easy to buy one that looks good on the hanger but just doesn't fit. Using a generalist may get you in trouble. The good fit comes with a fine tailor who can customize a disability plan just for you.

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What to look for

When shopping for an individual plan, look for:

- A policy that is non-cancellable and guaranteed renewable so that the contract cannot be changed or cancelled when you may not qualify for another plan.
- An inflation or cost-of-living rider, which is a good way to increase your monthly benefits. While this can be expensive, you must consider it in the context of the impact of inflation on your purchasing power.
- A future insurability rider, which will allow you to increase your benefits without additional health questions. If you anticipate significant increases in your future income, make sure you have this feature.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

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Chill out, already! Kids hanging out online are just being kids, author assures parents

It's Complicated.
Author and digital-world researcher Danah Boyd explores online lives of teens and finds them hiding in plain sight of mom and dad

Danah Boyd has made a name for herself at the research division of Microsoft for painstaking work examining social media, Big Data and the tension between public and private lives, but it's her ability to capture a teens'-eye view of the digital world that sets her apart.

Now, Boyd has written her first book — It's Complicated: The Social Lives of Networked Teens, published by Yale University Press in February and available for free on her website, Danah.org.

Earlier this year, she added another accomplishment to her list: Mom.

Boyd interviewed more than 150 teens from a range of backgrounds for the book, also relying on extensive research on all aspects of their digital lives. Five questions for Danah Boyd:

What do parents need to understand about the online lives of teens?

They need to realize that young people are doing the same things online as we all did as kids in other places where we gathered with our friends. They're hanging out. They're messing around with each other. They're socializing. They're flirting. They're gossiping. They're joking around, and much of this is perfectly reasonable teen stuff. Some of it is problematic. Some of it is glorious.

But the kinds of places young people used to gather are no longer accessible for a variety of reasons. The first is a level of fear and anxiety that exists, the result of 24-7 news, where there's a sense that there's terrible things happening to kids everywhere. We've transferred all that fear and anxiety to their online lives, but to them it's a release valve, to finally find a place where they can hang out. It's not that they're addicted to the technology. It's that they want a place where their friends are.

Minding their own business

"Young people are trying to be *in* public, but that doesn't mean that they want to *be* public, and that distinction is really important. There's a mistaken understanding that they want everything about themselves to be recorded forever, and that's not true at all." Danah Boyd

You write that too many young people live genuinely high-risk lives, but you conclude that most of those risks do not originate with technology. Can you explain?

There are young people who are living high-risk lives, period, end of story. They are being abused every day at home. There are young people who are struggling with poverty, with addiction, with mental health struggles. They make that visible online.

One of the challenges becomes how do we intervene to help them? Unfortunately what we tend to do is we try to make the Internet go away instead. We hope that if we make the visibility go away, the problem will go away. But that's not true.

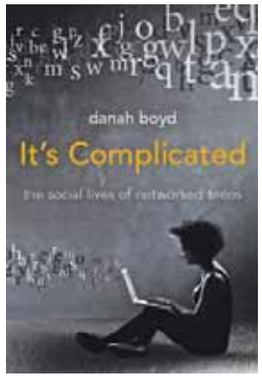
Why do young people share so publicly?

Young people are trying to be *in* public, but that doesn't mean that they want to *be* public, and that distinction is really important. There's a mistaken understanding that they want everything about themselves to be recorded forever, and that's not true at all.

They're really frustrated when all of this material is stored away and gets them into trouble. Young people face an unprecedented level of surveillance. Not just by the institutions of power, but by their parents. Most of them are sitting there going, 'Why do these people feel like they have a right to be in my business?'

Can you explain social steganography?

It's actually an old cryptography term. It basically is the notion of hiding in plain sight. So the old notion is that Greeks used to tattoo messages on the heads of their slaves, let their hair grow out and then send them off to places, and only if you knew where to look would you know where the message lies.



What's really funny is that young people have started encoding everything they're putting up online, so you can read it literally but you have no idea what it means. It's a song lyric but you don't know the reference because the reference is really about the friends who got together last weekend and they had a cool in-joke for which the song was playing and hahahahaha ... Just because you have access to the content doesn't mean you have access to the meaning. It's never been the case that parents got to listen to everything, but the thing is parents have demanded now that they have the right to listen to everything. I think it's a little ironic that teenagers are using the same tactics as political dissidents.

What is your best advice for parents struggling to understand the networked lives of their teens?

Step back, try to stay calm and try to listen to your kids. What are they trying to achieve? How are they trying to go about this, and how can you give them the space to do it? We forget how stressed out this cohort of young people is. That's not because of technology. That's because of the amount of pressure that we put on them.

THE ASSOCIATED PRESS

Danah Boyd, author of It's Complicated: The Social Lives of Networked Teens CONTRIBUTED

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#reallyreallysticky

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'Round the world wisdom

Add some levity to your daily load

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Taking on a difficult project will bring its share of ups and downs. To get to the finish line fastest, it is imperative to rapidly bounce back from the downs to minimize loss of momentum. And although it is counterintuitive, sometimes we need to increase our burden in order to lighten up.

A celebration in the sand

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

As I prepared to race the Gobi March, I became obsessed with what I would carry with me. In these events, runners must carry between 20-25 pounds on their backs: food, clothing, and sleeping gear, and a medical kit to meet safety standards.

The bulk of the weight is "fuel," the food that must deliver each runner in excess of 2,000 calories per day. In the Gobi, I probably spent 50 hours thinking about which foods would go into my pack. My final choices were calculated to extract the highest energy output for the lowest possible weight.

As I would discover, maximizing output is more than just a numbers game. Running the Gobi taught me how indulging in small luxuries can lead to a better end result. This lesson came into play in my subsequent races in the Atacama and Sahara, where my small indulgences would get me through the rough parts.

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party. My friend Louie packed his cherished homemade salamis, adding four pounds. An Italian team carried full dinnerware and a tablecloth to cement their own celebration.

Is it best practice to smoke cigars and drink champagne after running a marathon, knowing these items add 25 per cent more weight to your backpack? Of course not! However, if you are looking to bounce back after a tough day, then having tactics to fill yourself up with joy may in fact help you spring forward.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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From moccasins and meadows to a high-heeled, haute couture career

A model upbringing?
North of Normal chronicles an unconventional childhood in the Canadian wilderness and its impact on a future in fashion

Cea Sunrise Person's modelling career has seen her living in New York, Los Angeles, Paris, Munich, Hamburg, Zurich and Milan. SHIMON KARMEL/THE CANADIAN PRESS

Cea Sunrise Person graced magazines, catalogues, print ads and TV commercials for nearly two decades as an international model — a stark contrast to childhood years spent living in the Canadian wilderness.

In her memoir, North of Normal, Person chronicles her unconventional upbringing with her pot-growing, free-loving family dwelling in a teepee and living off the land. The book also reveals the challenges of life with her late mother Michelle as the duo left the family behind and Michelle pursued a string of topsy-turvy relationships.

The Vancouver-based author writes of her anti-establishment grandfather known as Papa Dick who decided to relocate the free-spirited family of hippies from California to Canada.

Eighteen months after Person's birth to her teen mom in 1969, her family relocated to a remote piece of land near a First Nations reserve in northern Alberta. Until the age of five, Person and her mother lived with Papa Dick, her grandmother and aunts in Kootenay Plains and Morley, Alta., hunting and gathering their food and creating a stove dubbed the Guzzler fashioned out of an old barrel.

"I had dresses made from hides ... my grandmother would sew my moccasins from leather she'd tanned herself," recalled Person in an interview, noting that the rest of her clothing came from Salvation Army when her grandfather made occasional trips into town.

Person, 44, recalled an "amazing feeling of freedom" as a self-described nature child galloping in the meadow and fields. But exposure to more adult activities as a youngster also left lingering memories for Person which she candidly shares in her memoir.

"I felt so alone in my experiences because how can you tell your friend when you're 10 years old you've seen and heard sex happen in front of you 100 times?.. Or that your mom smokes pot every day or that your mom's boyfriend does mushrooms?

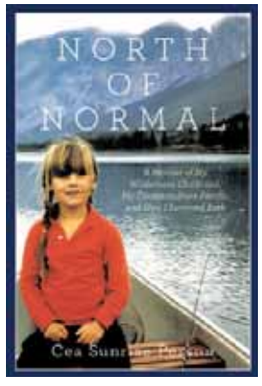
"Putting it out there made me feel a lot less alone. And it made me feel like I hope that I can connect with some people out there who may have had the same experiences."

Despite seeing the writing experience as cathartic, she admits it was hard to write about her early teen years prior to starting modelling when she felt "rudderless."

"I wasn't the wilderness child anymore. I was terrified of my future because I didn't want to end up like my family. I didn't know what my escape route would be, but I desperately wanted a different life and I didn't know what it was going to be like."

Resilience on the runway

"Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."
Cea Sunrise Person
Author of North of Normal



Modelling helped to serve as an anchor, as Person worked full-time in the industry from age 13 to 30. While Person said she enjoyed the chance to travel to amazing locales, her memoir also illustrates the not-so-glamorous side of the business, like living in grungy apartments or seeing other girls battling bulimia.

Person credits her wilderness smarts and a resourcefulness and resilience built from childhood in being able to emerge relatively unscathed.

"It was a healthy escape for me. Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."

While she often felt like an outsider growing up and found difficulty forging friendships, Person was able to form those connections with other models, many of whom she remains close with today.

"The thing with modelling is it seems to attract a lot of people who do feel like outsiders in their own life," she said. "You end up being in these environments where you're working for a few days with someone from Sweden, someone from Texas, someone from Australia and you form friendships very quickly and learn about each other's life stories very quickly, and then you sometimes never see each other again, or you see each other again in a year.

"It's a very tight bond that you get with these girls because we're in such an interesting, weird world together." THE CANADIAN PRESS

The next generation

Now married with children aged two, four and eight, Person said it is important for her to share her childhood story with her kids when they get older.

- She also wants to ensure they're exposed to the realities of the larger world both through discussion and action, like taking them to feed the homeless in Vancouver's downtown.
- "They want for nothing. But to me, I worry sometimes that because they don't have any real trauma or challenges in their life that they won't have the resiliency and the ability to be resourceful and solve problems the way I have," she said.

#ohthatswhatthefloorlookslike

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Cultural confusion. Being aware of potentially problematic assumptions can halt harmful workplace situations before they happen

DAVID SINGH
life@metronews.ca

We all know that Canadian workplaces are as diverse as they come. And we're proud of it, too. But that doesn't necessarily mean the office is exempt from cultural bias.

In fact, it creeps up all the time, according to Daria Kowalyk, a diversity and inclusion expert. "We all have biases," Kowalyk says. "Biases are shaped by all of our experiences, our upbringing, culture, the conversations we've had and where we've travelled.

"Each one of us is consciously or unconsciously biased about something, someone, or a group of people."

Handling a greeting in North America can put some in a difficult position. ISTOCK

Kowalyk runs a new training program for Ontario employers, funded by the Ministry of Citizenship and Immigration and the Human Resources Professionals Association. Its purpose is to help companies become more culturally aware and competent.

Eye contact at work is a common example that holds potential bias, Kowalyk claims.

In mainstream culture in North America, maintaining eye contact is a form of showing interest and engagement. If you don't keep eye contact, it could signal that you're disinterested. "But in a lot of different cultures, not maintaining eye contact actually is a sign of respect for the individual," says Kowalyk. "People who may not know of that may make an assumption about people's eye contact."

Same thing goes for handshaking. In Canada, it's common to meet and greet people with a handshake. But according to Kowalyk, people in some cultures don't do so because of religious or health concerns. Usha George, dean of the faculty of community services at Ryerson University notes biases can be silent and invisible.

"The problem with cultural bias is you can't detect it that often, fast, clearly, or that openly," she says. "You can foster or even have damning opinions about people and their cultures, but if you don't articulate that in spoken word or in your behaviour, there's no way of knowing that this person is really biased."

According to George, it's important to take note of biases because it can affect people.

"Depending on the severity of it, it could very well be a toxic workplace for the individual."

George notes that she has even witnessed extreme cases of cultural bias, leading to discrimination and racism. She says this can go on to affect the mental well-being of individuals. However, if you've ever had a culturally biased thought pop into your head, don't beat yourself up about it.

"Bias is part of human nature, so I wouldn't think that it's impossible not to have it," George said. "But if you take it for granted and say it does not exist, and don't pay attention, it will still be there and will increase."

Battling bias

Daria Kowalyk says there are quick, initial steps that employers can take to make their workplace more culturally competent, including:

- Becoming aware of important dates and religious holidays for all staff members.
- For restaurant outings or catered food events, make sure the menu accommodates everybody (vegans, vegetarians, gluten allergies, etc.).
- Hold a "holiday" event instead of a "Christmas" event.

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Give a summertime fave California love

Grilling Week. Victoria Day officially launches barbecue season. Let Metro help kick it off with a week's worth of ideas for outdoor dining

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Come May Long Weekend, barbecue season will be in full swing. For my part, I love cooking up a great tasting burger.

In recent years we're being warned about ingesting excess amount of beef, so my go-to burger is a lean chicken patty, which screams "California cuisine" thanks to its lovely presentation and fresh approach. Just to compare, a ground 4 ounce beef burger will have close to double the calories and fat of a ground white chicken burger.

There's nothing better than a homemade burger, which gives you control of everything you're adding.

For this California Grilled Chicken Pesto Burger, I like to buy a combination of both white and dark ground chicken, but you can use just white if you don't have both on hand.

The great flavour of this burger comes from the secret ingredient — pesto — which is added right to the meat. I like to make my own pesto when basil is in season and freeze it in small containers for use all year. You can visit rosereisman.com for pesto recipes. You can also use store-bought pesto, but keep in mind that they tend to have excess oil, making them much higher in calories and fat.

The toppings of cheeses, avocado and tomatoes make this dish a winner.

You can prepare these burgers up to a day in advance. Simply cook them just before serving.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Nutritional information

Per serving

- **Calories.** 304
- **Carbohydrates.** 3.5 g
- **Fibre.** 6 g
- **Protein.** 23.7 g
- **Total fat.** 20.8 g
- **Saturated fat.** 7.6 g
- **Cholesterol.** 100 mg
- **Sodium.** 361 mg

Directions

1. Combine chicken, egg, seasoned bread crumbs, pesto, garlic, green onions, and salt and pepper.

2. When fully combined, form the mixture into 4 burgers.

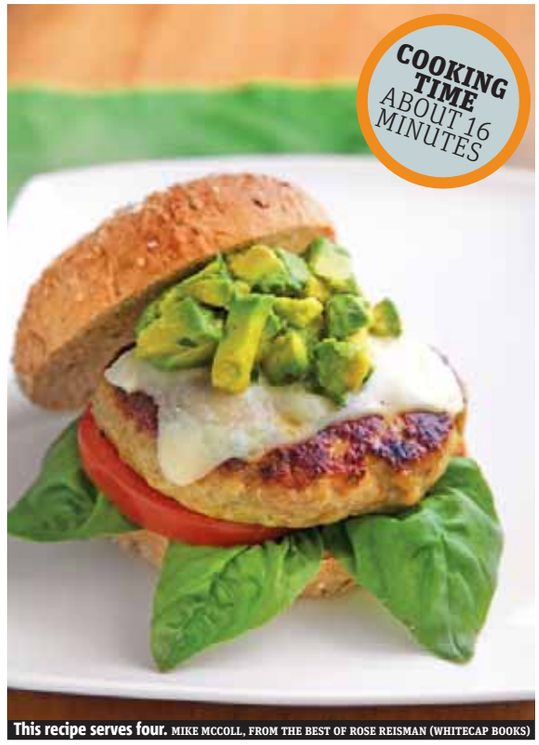
3. Either grill or bake the burgers at 425 F until they are no longer pink, about 8 minutes per side, or until internal temperature reaches 165 F. Add the cheese and cook just until melted.

4. Place the cooked burgers on a multi-grain bun and garnish with diced avocado, tomatoes and basil leaves.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb ground white and dark ground chicken
- 1 egg
- 1/3 cup seasoned dry bread crumbs
- 2 tbsp pesto sauce
- 2 tsp crushed garlic
- 3 tbsp minced green onions
- pinch of salt and pepper
- 4 thin slices Monterey Jack or aged cheddar cheese (about 1 oz)
- 4 multi-grain burger buns
- 1/4 cup diced avocado
- 4 slices ripe tomatoes
- 8 basil leaves (optional)



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Maple syrup sweetens up fries

Sweet potato fries are a popular food trend today, replacing the typical white potato french fries. They are more nutritious than white potatoes.

In fact, sweet potatoes are truly a superfood: a medium sweet potato contains more than your daily vitamin A requirement, a third of your vitamin C intake and 15 per cent of your daily fibre.

They are considered a low-glycemic food, which controls blood sugar levels and contain antioxidants that may help in the fight against cancer.

But you should beware of these orange fries in restaurants and in the frozen section of your supermarket as they are always deep-fried, adding excess calories and fat.

You can cut the potatoes for this Sweet Potato Wedges with Maple Syrup recipe any way you want — into large wedges, chunks or thin fries. Just watch the baking time, since smaller pieces will require less time.

This recipe serves six. ROSE REISMAN

Ingredients

- 2 large sweet potatoes (about 1 1/2 lb), unpeeled and scrubbed
- 2 tbsp vegetable oil
- 4 tsp maple syrup
- 3/4 tsp cinnamon
- 1/4 tsp ground ginger
- pinch of nutmeg
- 3 tbsp chopped parsley

1. Preheat the oven to 425 F. Lightly coat a rimmed baking sheet with cooking spray.

2. Cut the sweet potatoes in half lengthwise and then cut each half into 3/4-inch strips. Place on the prepared baking sheet.

3. Combine all the remaining ingredients except the parsley in a small bowl. Brush half the maple syrup mixture over the sweet potatoes.

4. Bake in the centre of the oven for about 10 minutes per side, brushing again halfway through with remaining mixture. Garnish with parsley.

ROSE REISMAN

#dustbunnieshadbabies

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Boseko Lokombo of the Oregon Ducks tackles John Hubert of the Kansas State Wildcats during the Fiesta Bowl at on Jan. 3, 2013, in Glendale, Ariz. DOUG PENSINGER/GETTY IMAGES

'Just keeping my head up'

NFL. Abbotsford's Boseko Lokombo gets overlooked in draft, but still has options

CAM TUCKER
cam.tucker@metronews.ca

Boseko Lokombo wasn't selected in the NFL draft over the weekend, but the pride of Abbotsford isn't giving up on his dream of playing professional football. That's not in his nature, nor his family's.

"It was a long night, that's for sure — a long day," Lokombo said over the phone from his family home in Abbotsford on Sunday. "I'm just keeping my head up."

A graduate of the W.J. Mouat Hawks program in Abbotsford, and a two-year starter as a linebacker with the University of Oregon Ducks, Lokombo's journey through football surely isn't over.

Not getting picked in the NFL draft may sting right now. But it's put in perspective by what Lokombo, as a child, and his family endured years ago, when they escaped the ravages of war in what is now the Democratic Republic of Congo in 1996 and moved to the cold and snow of Montreal in the midst of winter to set up a new life in Canada.

How he scored

NFL.com's pre-draft grade for Boseko Lokombo was 5.1 — "better-than-average chance to make NFL roster." His combine results were:

- **40-yard dash.** 4.66 seconds.
- **Broad jump.** 122 inches.
- **Three-cone drill.** 7.15 seconds.
- **20-yard shuttle.** 4.3 seconds.

His family, including parents Leon and Anne-Marie, then moved to Abbotsford. It was there, in the heart of the Fraser Valley, that his football career took off.

Lokombo, who has four brothers and two sisters, watched this weekend's draft with his family.

"I was with my loved ones and that's all I could ask for," said Lokombo.

Despite coming off shoulder surgery in late February and not getting selected this weekend, Lokombo still has options.

Listed at six-foot-two and 225 pounds and renowned for his natural athleticism, he could sign with any NFL team as an un-drafted free agent. Or he could choose the Canadian Football League and the B.C. Lions, the local team that drafted him in the third round last year.

He said the CFL is an option he's considered, but it appears his sights are still set on the NFL.

"I can't really tell you anything yet because there's nothing planned in place as of right now," he said.

"The CFL, it would be awesome ... and I've never had anything against the CFL, it's just that me, I'm just focused on taking it day-by-day and going from there."

Erik Hurtado GETTY IMAGES

Hurtado leads Caps to first road win of 2014

The Vancouver Whitecaps and Erik Hurtado both got off the schnide on Saturday.

The Whitecaps earned their first away victory of the 2014 Major League Soccer regular season, and the 23-year-old Hurtado scored his first career goal to give the Vancouver side a 1-0 victory over the host Columbus Crew.

Selected fifth overall by Vancouver in last year's MLS SuperDraft, the fleet-of-foot Hurtado had played in 21 regular-season games combined through 2013 and 2014 prior to Saturday, still in search of that elusive first goal.

Making his first start of this season — he had previously been used off the bench for five consecutive games — he unleashed a curling shot with his left foot from just outside the box, beating Columbus goalkeeper Steve Clark.

Vancouver's goalkeeper David Ousted assisted on the marker, as he sent a long and high ball right to a waiting Hurtado, who did well to corral it and find space to let go his shot.

"The goal was fantastic; it was a super strike. It's a reward for his overall performance, (which) was fantastic," head coach Carl Robinson told reporters.

"He held the ball and gave the two centre backs, who are both very good players, a problem all night. That's credit to him. It has been tough for him since coming out of the draft. He has knuckled down, especially this year, and he got his reward." CAM TUCKER/METRO

For an image gallery of the NFL draft, scan the image with the Metro News app

Sam: Feeling like the first pick of the draft

NFL. St. Louis Rams select gay football player 249th overall out of 256 selections

Michael Sam cries as he talks on a mobile phone after he was selected in the seventh round by the St. Louis Rams on Saturday. ESPN/THE ASSOCIATED PRESS

Michael Sam waited and waited. Hours passed, rounds came and went, and eventually, there were only eight more picks left on the third and final day of the NFL draft.

For just a moment, it looked as if his chance of being picked by a pro team and becoming the league's first openly gay player might take a detour. Or at least be delayed.

The call finally came Saturday from the St. Louis Rams, the team right down the road from where Sam played his college ball at the University of Missouri.

Sam was selected in the seventh and final round and admitted it was a frustrating wait. He said teams that passed on him chickened out and he should have been drafted sooner.

"From last season alone, I should've been in the first three rounds. SEC Defensive Player of the Year, All-American," Sam said. He stopped short of directly saying his stock dropped in the draft because he came out.

"You know what, who knows? Who knows? Only the people who sit in the war room know," he said. "They saw Michael Sam, day after day they scratched it off the board. That was their loss. But St. Louis kept me on that board. And you know what? I feel like I'm a (Jadeveon) Clowney, a first draft pick. I'm proud of where I am now."

Sam came out as gay in media interviews earlier this year. His team and coaches knew his secret and kept it for his final college season. He went on to have the best year of his career: He was the co-defensive player of the year in the NCAA's best football conference and had 11.5 sacks.

When Mike Kensil, the NFL's vice-president of game operations, walked to the podium and said: "The St. Louis Rams select … Michael Sam …" the fans gave a hearty cheer, chanting "Yes! Yes! Yes!" and "Michael Sam!"

THE ASSOCIATED PRESS

Unlikely hero leads Clippers

Darren Collison of the Los Angeles Clippers makes a basket against the Oklahoma City Thunder in Game 4 of their playoff series on Sunday in Los Angeles. Collison scored 10 of his 18 points in the final 2:58, rallying the Clippers past the Thunder 101-99 to tie the series 2-2.

STEPHEN DUNN/GETTY IMAGES

Premier League

Man City earns 2nd title in 3 years

Manchester City won the Premier League for the second time in three seasons on Sunday, completing its campaign with a comfortable 2-0 victory over West Ham that lacked the drama of its previous title.

Unlike the stoppage-time comeback required in the 2012 title decider, goals by Samir Nasri and Vincent Kompany provided a more serene end to what had been an exhilarating season.

"This year, we've really come on strong at the end when we needed to," City goalkeeper Joe Hart said.

THE ASSOCIATED PRESS

Players Championship

Kaymer holds on to win at Sawgrass

Martin Kaymer produced one of the most unlikely pars on the 17th green at the TPC Sawgrass without ever going in the water. It carried him to an emotional one-shot victory Sunday in The Players Championship.

THE ASSOCIATED PRESS

NHL playoffs. Penguins dealt another blow by emotional Rangers squad

If Martin St. Louis wasn't a fan favourite during his first two months with the New York Rangers, he certainly became one during a very emotional weekend.

St. Louis came to New York in March in a deal in which popular team captain Ryan Callahan was shipped to Tampa Bay. When he didn't light up the scoreboard right away, the Madison Square Garden crowd was slow to warm to him.

That all changed Sunday night.

Three days after the sudden death of his mother, St. Louis scored 3:34 in, and the Rangers avoided elimination for the second straight game by beating the Pittsburgh Penguins 3-1.

Linesman Steve Miller separates Rangers forward Dominic Moore and Penguins defenceman Kris Letang Sunday. ELSA/GETTY IMAGES

Game 7 of the series is Tuesday in Pittsburgh.

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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		3		4		1	9	
	1	9						
			5					4
3		8	6					
9			1		4			7
					3	5		8
5					2			
						4	6	
	4	2		9		7		3

Friday's Sudoku

3	8	7	2	5	4	1	6	9
5	9	1	6	7	8	3	4	2
2	6	4	9	1	3	7	5	8
8	4	9	5	3	1	6	2	7
6	1	5	7	8	2	4	9	3
7	3	2	4	6	9	5	8	1
9	5	3	1	2	6	8	7	4
4	7	8	3	9	5	2	1	6
1	2	6	8	4	7	9	3	5

Horoscopes

♈ Aries
March 21 - April 20
Rivals seem to know what you are doing, even when you are not sure. That puts you at a disadvantage. Either be more secretive or find ways to tap in more effectively to what's going on around you.

♉ Taurus
April 21 - May 21
Be true and resist temptation to cut corners merely because no one can stop you. This is a great time for group activities and it will be even better if you are all working together on the same ethical level.

♊ Gemini
May 22 - June 21
With Mercury, your ruler, linked to ambitious Mars as the new week begins, there is no reason why you should not reach the top of the tree in your chosen career. Yes, you do have what it takes.

♋ Cancer
June 22 - July 23
Trust your instincts and keep on trusting them even when the powers that be say you've got it all wrong. Listen to what your inner voice is trying to say and then act on what it tells you. You don't need any other advice.

♌ Leo
July 24 - Aug. 23
Something you have kept secret for a long time will come to the surface over the next few days. In a way it will be a relief as you will no longer have to play games and pretend to be who and what you know you are not.

♍ Virgo
Aug. 24 - Sept. 23
Don't try to keep your thoughts to yourself today because loved ones will be able to read on your face what it is you are hiding. Be honest about what is going on in your head and your heart.

♎ Libra
Sept. 24 - Oct. 23
Some things may seem funny to you but not everyone will laugh at your jokes today. Most likely it's because they resent you being the centre of attention all the time. That's too bad — the limelight is there to be hogged.

♏ Scorpio
Oct. 24 - Nov. 22
This is a positive and potentially passionate time for you but to make the most of it you have got to be more outgoing. Let those you are attracted to know that you are interested — don't leave them guessing.

♐ Sagittarius
Nov. 23 - Dec. 21
Try not to come on too strong when debating with others. You may have all the best opinions and the facts and figures are certainly on your side but make allowances for those who don't share your passion for the truth.

♑ Capricorn
Dec. 22 - Jan. 20
You seem amazingly open at the moment, which is great. But watch out you don't let slip information that it might be sensible to keep to yourself. You don't have to tell everyone about everything.

♒ Aquarius
Jan. 21 - Feb. 19
If you are looking for ways to make money you will come up with plenty of ideas over the next 24 hours. The only danger is you may do nothing with them. One good idea acted on is better than a dozen that just sit there.

♓ Pisces
Feb. 20 - March 20
You will be more inclined than usual to take risks. So long as they are calculated risks that's fine – you will come to no harm and could even make money – but if you act recklessly the fall could be spectacular. SALLY BROMPTON

Up-to-date scores
Canada TOP 5

1. **178 points,** Saudah - *Toronto*
2. **157 points,** Brad - *Ottawa*
3. **155 points,** Niramay - *Toronto*
4. **155 points,** Samir - *Toronto*
5. **147 points,** Ritik - *Vancouver*

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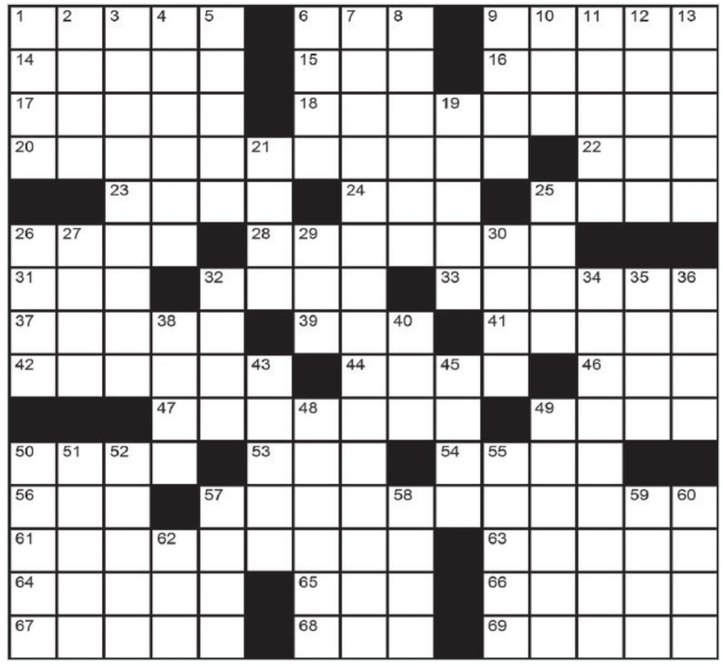
Friday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Ottawa's 'Parliaments', e.g.
6. Canadian broadcaster Erica
9. Mark __ ('Shark' on ABC's "Shark Tank")
14. Off-white
15. PBS funding org.
16. Repent
17. __ closet
18. British band, The __ (See #7-Down for more!)
20. William and Harry's dad, one day: 2 wds.
22. Meshwork
23. Title in Turkey [var. sp]
24. Israel: __ Aviv
25. Tidying target
26. Pouches
28. Montreal-born actress Rachelle
31. 'Smell'-meaning prefix
32. Mr. Bridges
33. Dodges
37. Important exam
39. "Unpretty" group
41. Inference
42. 'The New Classic' Australian artist Iggy
44. Retreat
46. Vintage record label
47. "__ Annie" (1933) starring Canadian actress Marie Dressler
49. Acme
50. Inventor, Thomas __ Edison
53. Lummox
54. __ __. Hall: "Harper Valley P.T.A." songwriter
56. US auditing agcy.
57. __-__ (Like green rocks)
61. Instrument for Canadian musician Walter Ostanek
63. Thwart
64. Canadian actress Ms. Katic
65. Baby bear
66. Toxin type
67. Stephen __, Bank of Canada governor
68. Utah's capital [acronym]
69. Chooses

Down

1. Defraud
2. Nero's 57
3. Iroquoian Chief of Stadacona (Present-day Quebec City)
4. Musician Mr. Allman's
5. Harmonization, briefly
6. One-named singer
7. Song by #18-Across that goes "She's been gone such a long time...": 4 wds.
8. Actress Ms. Matlin
9. Bus alternatives
10. __ possidetis (As you possess, at law)
11. 'Sea' suffix (Carried by the ocean)
12. South American mountains
13. Soarer's structures
19. Inquire
21. Healthy
25. Honey drink
26. Furniture piece
27. NBC's "Parks and Recreation" star Mr. Ansari
29. Dine
30. Campsite visitor, e.g.
32. Cordon __ (Great chef)
34. British Columbia: Sparwood attraction 'Terex Titan' is a gigantic what?: 2 wds.
35. "Behold!" to Brutus
36. Classic record label
38. Edmonton's prov.
40. Motorists org.
43. Be kind, Do _ __ turn
45. Be not-nice, Stick __ __
48. ABCs
49. Joni Mitchell song that goes "The drone of flying engines..."
50. Audibly amazed
51. 'Milk'-meaning prefix
52. Singer's helper, __ Coach
55. Blatant
57. "I'm Yours" singer Jason
58. "Squawk Box" network
59. Ms. Brickell, Paul Simon's wife
60. Shelters
62. Lennon's love

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Frankfurt Travel May 17 - May 28	$799	$3325
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Bangkok Travel Sep 4 - Sep 25	$999	$3199
Hong Kong Travel Jun 3 - Jun 20	$1049	$3089

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$139 pp from
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